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PHOTO BY MC3 WILLIAM PHILLIPS

Naval Support Activity Bethesda hosted the National Night Out at the USO Warrior and Family Center at Bethesda Aug. 2.

NSAB Hosts National Night Out

By MC3 WILLIAM PHILLIPS
NSAB Public Affairs staff writer

Tuesday Aug. 7, 1984 ushered in the in the inaugural National Night Out, and every year after, the National Night Out has been celebrated the first Tuesday of August in 16,124 communities from all fifty states, U.S. Territories, Canadian cities, and military bases worldwide.

Naval support Activity Bethesda (NSAB) hosted its National Night Out Aug. 2 on the front lawn of the USO Warrior and Family Center at Bethesda.

The National Night out is a way for law enforcement and the public to interact.

"We [police officers] are able to show face in a way that isn't just pulling people over and writing tickets," said MA3 Shannell James, NSAB's installation crime prevention officer. "We just want everyone to know that we aren't the bad guys that are only here to get you in trouble."

For some the National Night Out is a way to foster a relationship with the local community they serve.

"We are able to come together to build relationships in the community and help with prevent crime," said Montgomery County Police Officer Dana Stroman. "It is important for the community and law enforcement to have a positive relationship with one another."

According to Stroman, it is important for a local community and the police to keep an eye out for each other.

For some the National Night Out was a way to advertise services that they offered.

"This is a great event to promote the SHARP and SAPR program, it gives us the ability to connect with the staff that we don't get to see regularly," said Rosemary

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Future MCPON and Sailors Reenlist

By MC2 DANIEL SCHUMACHER, NAVAL SUPPORT ACTIVITY NAPLES PUBLIC AFFAIRS

U.S. Naval Forces Europe-Africa Fleet Master Chief Steven Giordano and two Sailors reenlisted, July 28, at Naval Support Activity Naples, Italy.

Giordano invited Information Systems Technician 1st Class Jacqueline Bozen, from Chicago; and Information Systems Technician 2nd Class Marquise Wisher, from Philadelphia, for the reenlistment ceremony led by Commander, U.S. 6th Fleet, Vice Adm. James G. Foggo III.

"I am always honored to participate in a Sailor's reenlistment, but today is a true privilege," Foggo said. "Fleet Master Chief Giordano has dedicated his entire adult life to serving his country and has been wearing a Navy uniform since 1989. It is fitting that for his final reenlistment, [he] invited other CNE-CNA (Commander, U.S. Naval Forces Europe-Africa) Sailors to join him and commit to supporting the Constitution of the United States once more."

Giordano, a native of Baltimore, enlisted in the Navy in 1989. He will continue his service in the Navy as the 14th Master Chief Petty Officer of the Navy (MCPON) after current MCPON Mike Stevens retires Sept. 2.

"I am honored to stand beside the two great Sailors, raise our right hands together, and continue to have the opportunity to serve our great nation and our Navy," Giordano said.

Bozen enlisted in the Navy in 2009, reenlisted for six years and plans to make the Navy a career for at least 20 years. Her next command will be Naval Special Warfare Group 1 Mobile Communication Detachment at Coronado, California.

"I'm looking forward to the higher operational tempo there, where I'll be more involved with the command mission," Bozen said.

Wisher enlisted in the Navy in 2012, also reenlisted for six years and will report to Arleigh Burke-class guided-missile destroyer USS Jason Dunham (DDG 109), his first sea command.

"I'm good at my job and enjoy it," Wisher said. "Being deployed, seeing port visits, and living and working with your crew — I think serving aboard a ship is something special most people won't get a chance at."

U.S. 6th Fleet headquartered in Naples, Italy,



U.S. NAVY PHOTO

Fleet Master Chief Steven S. Giordano. Chief of Naval Operations Adm. John M. Richardson announced, June 9, that Master Chief Giordano, will take charge from Master Chief Petty Officer of the Navy Michael D. Stevens Sept. 2, during a change of office ceremony at the Washington Navy Yard.

conducts the full spectrum of joint and naval operations, often in concert with allied, joint, and interagency partners in order to advance U.S. national interests and security and stability in Europe and Africa.

For more information, visit <http://www.navy.mil>, <http://www.facebook.com/usnavy>, or <http://www.twitter.com/usnavy>.

For more news from Commander, U.S. Naval Forces Europe and Africa/U.S. 6th Fleet, visit <http://www.navy.mil/local/naveur/>.

Bethesda Notebook

Fleet, Family Support Center

The Fleet and Family Support Center (FFSC) on Naval Support Activity Bethesda offers programs intended to assist service members and their families with military life. FFSC's workshops and seminars include: job search strategies for military spouses; federal resume writing; time management; credit management; consumer financial awareness; interview skills; pre-deployment briefings; return and reunion briefings; and more. For more information, call 301-319-4087, or visit FFSC in Bldg. 11, first floor.

WRNMMC Leadership Academy

The next Walter Reed Bethesda Leadership Academy meets Aug. 22-26 at Walter Reed National Military Medical Center. The academy is designed for service chiefs, clinic managers, division officers, senior enlisted leaders, leading petty officers, team leaders and assistants. Areas covered will include leadership and development, quality improvement, personnel management, 21st Century Healthcare and more. Additional information is available at <http://tinyurl.com/WRNMMC-LA-RBCT>.

Officer Symposium

An Officer Symposium will be held Aug. 19 from 8 a.m. to noon in Memorial Auditorium. All officers are encouraged to attend. Guest speakers will highlight the current climate as well as challenges and opportunities about the future of the Military Health System. Break-out sessions after lunch will be from 1 to 4 p.m. For more information, contact Lt. Cmdr. Lakesha A. Chieves at lakesha.a.chieves.mil@mail.mil.

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Naval Support Activity (NSA) Bethesda

Commanding Officer: Capt. Marvin L. Jones

Public Affairs Officer: MC3 William Phillips

Public Affairs Office: 301-295-1803

NSAB Emergency Information Line 301-295-6246

NSAB Ombudsman

Dedra Anderson 301-400-2397

NSAB Chaplain's Office 301-319-4443/4706

Installation SARC

Kimberley Agnew 301-400-2411

Monique Green 301-400-3366

Troop Command SARC

Rosemary Galvan 301-319-3844

SARC 24/7 301-442-2053

SAPR VA 24/7 Helpline 301-442-8225

Fleet And Family Support Center 301-319-4087

WMATA Brings SafeTrack to Montgomery County

By MC3 WILLIAM PHILLIPS
NSAB Public Affairs staff writer

The Washington Metropolitan Area Transit Authority's (WMATA) SafeTrack surges are coming to the Red Line and will impact Naval Support Activity Bethesda (NSAB).

"Safe track will only impact NSAB a couple of times over the next several months," said Ryan Emery NSAB's installation transportation officer. "We have begun to see single tracking on the Red Line. The SafeTrack surges that impact the Red Line started Aug. 1."

WMATA introduced SafeTrack to accelerate track work to address safety recommendations and rehabilitate the Metrorail system to improve safety and reliability.

"SafeTrack accelerates three years' worth of work into approximately one year," said Emery.

The SafeTrack began Aug. 1, between Takoma Park and Silver Spring on the northwest end of the Red Line.

NSAB will primarily impacted by the SafeTrack surge number 7.

According to WMATA, starting Aug. 9, Red Line trains will continuously single track between Shady Grove and Twinbrook, and is scheduled to be completed Aug. 18.

"With the Redline single tracking between Shady Grove and Twinbook, trains will be running every 18 minutes," said Emery. "For people that are using the Metrorail make sure to build extra time into their commute. It is scheduled to only last a few weeks."

WMATA has stated that all other Red Line stations will have "near-normal" service with additional trains operating from Twinbrook to Glenmont and



between Grosvenor and Silver Spring during AM/PM rush.

WMATA will be implementing ways to ease the strain of commuting during the SafeTrack surges.

"Many of the municipalities are putting busses on the roads to connect stations," said Emery. They are adding extended hours for busses to try to make it easier for commuters."

NSAB is not recommending commuters that don't usually drive to start driving due to a lack of parking.

"At this time additional parking isn't available on the installation," said Emery. "If you are looking to get a parking pass you still have to follow all of the same rules and your tenant command will still have

to have an available spot for you to fill."

WMATA has an app that tells the reader arrivals for the Metrorail.

"Metro has its own app that will show you when the trains are arriving," said Emery. "It is a good idea to pull it up at the end of the day to see how the trains are running and when they will be arriving. If you know how long it will take you to walk to the metro station, you can time the walk out to minimize the wait time."

For more information about the Metrorail SafeTrack surges visit http://www.wmata.com/rider_tools/metro_service_status/advisories.cfm?AID=5587.

Navy Announces Elimination of NWU Type I

By CHIEF OF NAVAL PERSONNEL PUBLIC AFFAIRS

The Navy announced in NAVADMIN 174/16 that it will transition from the Navy Working Uniform (NWU) Type I to the NWU Type III as the service's primary shore working uniform beginning Oct. 1, 2016.

Over the next three years, Sailors may wear either the NWU Type I or III, but effective Oct. 1, 2019, all Sailors will be expected to wear the NWU Type III as their primary Working Uniform when ashore or in port.

While the Navy is developing an incremental regional fielding plan for the NWU Type III, this transition period will give Sailors time to prepare for the change and allow them to get maximum wear out of recently purchased NWU Type I uniforms.

"As the CNO and I travel to see Sailors deployed around the world, one of the issues they consistently want to talk about are uniforms," said Secretary of the Navy Ray Mabus. "They want uniforms that are comfortable, lightweight, breathable ... and they want fewer of them. We have heard the feedback and we are acting on it. As a direct result of Sailors' input, effective Oct. 1, we will transition from the NWU Type I to the NWU Type III as our primary shore working uniform."

This change is the first step in a multi-phased process that will streamline and consolidate the Navy's uniform requirements, and ultimately

improve uniformity across the force. The Navy has listened to Sailors' feedback and is incorporating their desires to have a working uniform that is better fitting, more breathable and lighter weight.

NWU Type III will be issued to new accessions and recruits beginning Oct. 1, 2017.

Until further policy guidance is promulgated, black boots will be the standard boot worn in the United States and its territories with the NWU Type III. However, expeditionary forces in the United States or any forward deployed forces may wear the desert tan or coyote brown boots at the discretion of the unit commanding officer with the NWU Type III. Additionally, Sailors may wear the NWU Type I black fleece liner.

Sailors will be able to buy NWU Type III components for personal wear through Navy Exchange uniform stores and call centers once there is sufficient inventory on hand.

U.S. Fleet Forces Command (FFC) continues its multi-phase wear test of improved flame resistant variant (IFRV) working uniform components, for shipboard wear. FFC most recently conducted in-depth focus groups with fleet Sailors aimed at refining the design of the IFRV coverall. Additional feedback from the focus groups, subsequently



PHOTO BY MC1 JULIA A. CASPER

The Dept. of the Navy announced that it will transition from the Navy Working Uniform (NWU) Type I to the NWU Type III as its primary shore working uniform.

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PHOTO BY BERNARD S. LITTLE

Soldiers, Sailors, Airmen and civilians participate in a two-mile run on July 28, celebrating Army medicine's 241st birthday at Walter Reed National Military Medical Center.

Reveille Run, 22 Push-ups: WRNMMC Celebrates 241st Birthday of Army Medicine

By BERNARD S. LITTLE
WRNMMC Public Affairs staff writer

Walter Reed National Military Medical Center (WRNMMC) celebrated the 241st birthday of the Army Medical Department (AMEDD) with an early morning two-mile run, and answering a push-up challenge while issuing one of its own, following reveille July 28.

Approximately 400 "representatives of the WRNMMC team, including Soldiers, Sailors, Airmen, Marines, U.S. Public Health Service members, civilians and contractors, all who deliver health care to America's heroes and their families every day," participated in the run, as well as a push-up challenge before the run, explained Army Col. Michael Heimall, WRNMMC director.

Heimall said the Defence Medical

Rehabilitation Centre Headley Court in the United Kingdom, issued the 22 Daily Pushups Challenge to WRNMMC with a purpose of raising awareness of suicides by veterans.

"Twenty-two veterans die every day by their own hands as a result of the unseen injuries of conflicts over the years," Heimall said. "It's not just my generation [of service members] who have served over the last 15 years, but also those who served from World War II forward, [at risk]," he stated.

After the formation completed the 22 push-ups for Day One of the challenge, Heimall issued the 22-day challenge to staff at Fort Belvoir (Va.) Army Community Hospital before leading the run around Naval Support Activity Bethesda, home to WRNMMC, in observance of 241 years of Army medicine.

"With the 241st birthday of the Army Medical Department occurring July 27, Colonel Heimall and I wanted to celebrate this momentous occasion in a unique way," stated Col. Richard Lindsay, commander of the U.S. Army Element-North, WRNMMC. "The Army has always used unit formation runs as a way to build esprit de corps and bring cohesion to units, so what better way for an Army unit to celebrate. It also allows us, as a fixed facility hospital, to stay grounded in our Army traditions," he continued.

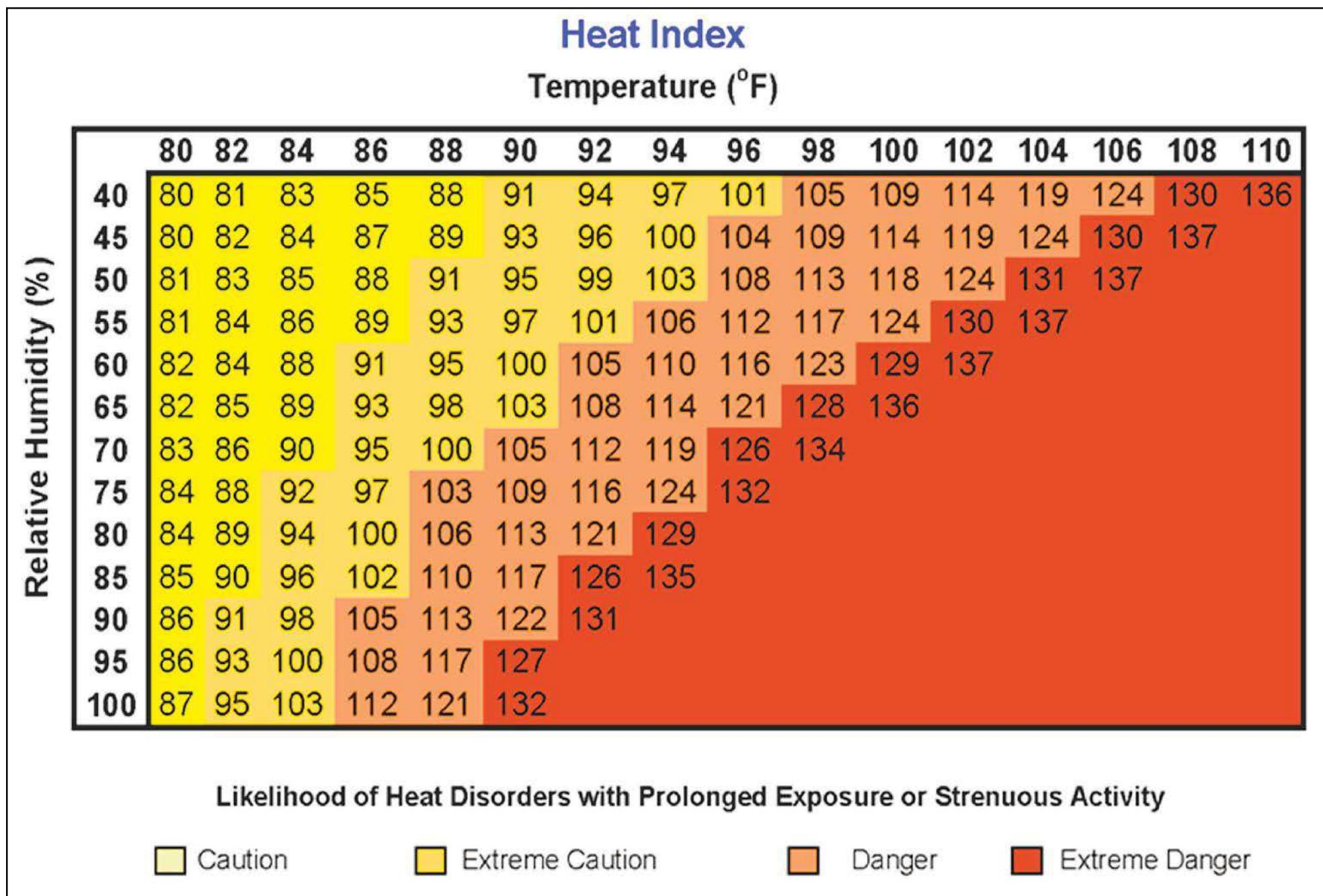
"It was great seeing so many of our Navy, Air Force, Marine Corps and civilian team members from both Walter Reed and Uniformed Services University of the Health Sciences out here helping us celebrate this birthday," Lindsay continued. "It was also a perfect added benefit with the 22 push-up challenge

coming from the British military, to bring focus to an important topic and raise awareness for veteran's suicide prevention," the colonel said.

"These unit runs instill a sense of camaraderie and esprit de corps among Soldiers, Sailors, Airmen, and civilians throughout the organization," Sgt. Maj. Marc Selby, chief clinical noncommissioned officer at WRNMMC, agreed. "In addition, we were challenged by Headley Court from the UK to the 22 push-up challenge. The challenge brings awareness to service member suicides that occur... I was honored to be able to participate and show my support."

Spc. Trinity Eubanks said she appreciated the run and its purpose.

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COURTESY GRAPHIC

How to Deal With Heat Stress

By MC3 WILLIAM PHILLIPS
NSAB Public Affairs staff writer

This summer has been typical of the Washington D.C. area, with hot weather and high humidity levels. Dealing with the heat and humidity can be painful, but there are ways to ease the pain and suffering.

Making sure you are hydrated can be one of the best ways to beat the heat.

“During hot weather you will need to increase your fluid intake, regardless of your activity level,” said Ron Kunz, Naval Support Activity Bethesda’s emergency management officer.

There are ways to tell if you are dehydrated or not, the two most common ways are if you are thirsty and your urine color.

If you are thirsty you are dehydrated. If your urine is clear to light yellow then you are not dehydrated. If it is dark yellow, orange or brown you are mildly to severely dehydrated.

What you wear can impact how the heat will affect you.

“Wearing lightweight and light-colored clothing is

the best way to dress for the heat,” said Kunz. “The light colors will reflect some of the sun’s energy. And a hat can provide extra protection from the sun.”

When it is possible you should limit strenuous activities that take place outdoors.

“When possible, strenuous activities should be reduced, eliminated or rescheduled to the coolest part of the day,” said Kunz. “You should take regular breaks when exercising or engaged in physical activity on warm days.”

Personal protective equipment (PPE) like such as Kevlar vest can be a factor in dealing with heat stress.

“PPE adds to your heat stress burden,” said Kunz. “This makes it even more important for you to focus on hydration and to recognize symptoms of heat stress before it becomes a potentially life threatening medical emergency.”

If you are in a leadership role that has you sending people out in the heat you should rotate your personnel.

“Supervisors — make sure that watch standers have adequate means to hydrate themselves,” said

Kunz. “Rotation into and out of climate-controlled areas may need to be on a more frequent basis if heat conditions indicate.”

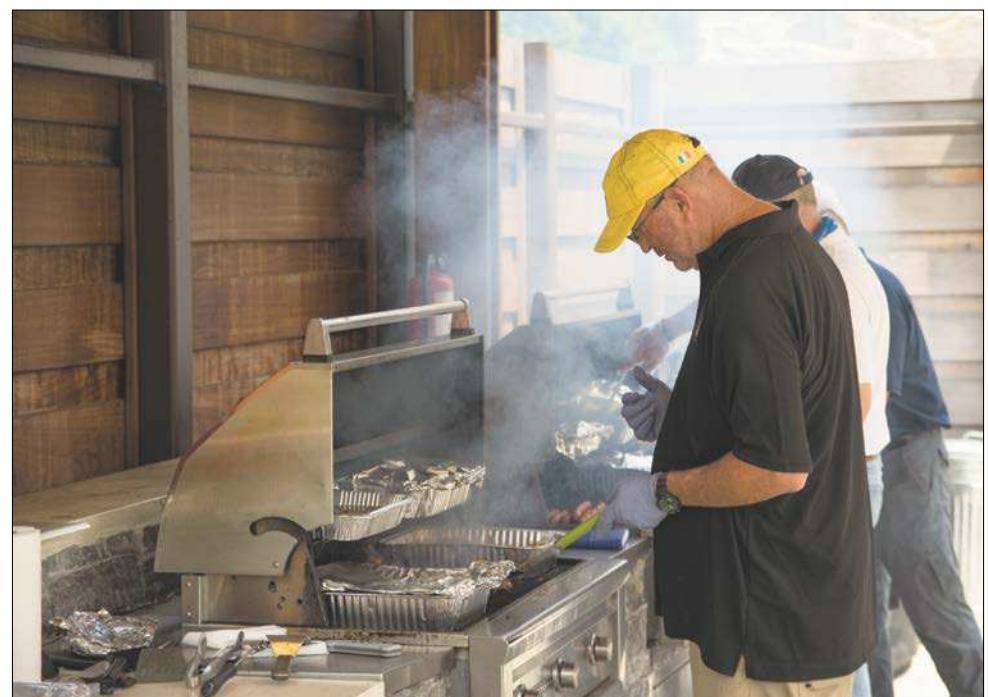
Since dogs only have sweat glands on areas that aren’t covered in hair, they are more vulnerable to heat stress than you are.

“Hot weather can affect the wellbeing of pets making them susceptible to overheating which can lead to very dangerous heat stroke,” said Kunz. “Always provide a source of water and a cool, ventilated place for your pet, leaving your pet inside a parked car, even for a few minutes, can be fatal.”

If it is possible, the best way to beat the heat is to stay in the air conditioning.

“Stay indoors and, if possible, in an air-conditioned place,” said Kunz. “If your home does not have air conditioning, consider going to the shopping mall, community center or public library. Even a few hours spent in air conditioning can help your body stay cooler when you return to the heat.”

For more information on how extreme heat impacts your body visit <https://www.cdc.gov/extremeheat/>.



Maryland Patriot Guards Hosts Annual Barbecue

PHOTOS BY MC3 WILLIAM PHILLIPS

The Maryland Patriot Guard held its annual Maryland Patriot Guard Barbecue at the USO Warrior and Family Center July 30. The barbecue is to show appreciation to the men and women who serve in the military. This is the 10th year that the Maryland Patriot Guard has hosted the Maryland Patriot Guard Barbecue.

This Week in History Aug. 11-17

Aug. 11, 2014

American actor, Robin Williams dies after battling dementia

Aug. 12, 1877

Thomas Edison invents Edisonphone, a sound recording device

Aug. 13, 1892

U.S. black newspaper "Afro-American" begins publishing from Baltimore

Aug. 14, 1945

V-J Day; Japan surrenders unconditionally to end WWII

Aug. 15, 1620

Mayflower sets sail from Southampton with 102 Pilgrims

Aug. 16, 1863

Emancipation Proclamation signed by President Abraham Lincoln

Aug. 17, 1903

Joe Pulitzer donated \$1 million to Columbia University and begins Pulitzer Prizes

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validated by a senior level working group, resulted in the preliminary design of a more professional looking two-piece utility shipboard uniform that can be worn both at sea and operational support jobs ashore. Wear tests of the prototype two-piece variants are expected to occur in 2017.

Also announced in NAVADMIN 174/16:

* The Navy will transition to the black Cold Weather Parka (CWP) starting Oct. 1, 2018, as outerwear with the Service and Service Dress Uniform. Navy All Weather Coat, Pea Coat and Reefer coat will become optional items. Mandatory wear date for the parka is Oct. 1, 2020.

* Women, E7 and above, are now authorized to wear men's uniform khaki pants without the belt and buckle with the khaki over blouse. Gig-line issues prevent wear of the male slacks with the tuck-in shirt.

* The rollout date of the male Service Dress Blue uniform at Recruit Training Command has been moved to Oct. 1, 2017, due to manufacturing delays. This change also aligns the uniform release with the introduction of the new E1-E6 Service Dress Whites.

* Navy sweat shirt and pants logo has been replaced with silver reflective lettering "NAVY," which is similar to the logo on the Navy Physical Training Uniform shirt and shorts. The sweatshirt and pants are now available for purchase at Navy Exchange uniform centers.

* Commands may now authorize the wear of a "Don't Tread on Me" and Reverse U.S. Flag patches on NWU Type II and Type III.

* Approval for the replacement of the Special Warfare Combatant-craft Crewman (SWCC) insignia. Going forward, there will be three separate insignias to denote a Sailor's specific qualification level, which are SWCC basic, SWCC senior and SWCC master. The implementation date is Aug. 19, 2016, with a mandatory wear date of Oct. 1, 2016.

* The Navy Uniform Matters Office is in the process of redesigning their website to enhance the dissemination and information regarding recent uniform changes. We expect the site to be running in the coming months.

The Navy continues to conduct a wear test of new women's khaki pants and is developing options to

improve the sizing of women's khaki pants for E7 and above. We expect that the new women's khaki pants will be available for purchase in late 2017 or early 2018.

Enlisted clothing replacement allowance will be adjusted to cover costs of these uniform changes and requirements. However, by law, commissioned officers are currently entitled to a one-time uniform stipend (\$400), paid at the beginning of their careers. An additional stipend cannot be granted without a change in law.

NAVADMIN 174/16 contains more detail on the uniform changes and can be found at www.npc.navy.mil.

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RUN

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"Working in a hospital, we don't get to do things like this that often, so it reminds me what it feels like to be in a field unit and do military [customs]. It was awesome and people were pumped."

Heimall added Army medicine traces its origins back to July 27, 1775 when the Continental Congress established the "Army Hospital," which was overseen by the "Director General and Chief Physician." Now, the Surgeon General of the U.S. Army, a lieutenant general, leads the AMEDD, which consists of the Army's medical special branches or "Corps" of officers, enlisted medical Soldiers and civilians. The SG is also commanding general of the U.S. Army Medical Command.

The AMEDD's Army Medical Corps (MC), which includes commissioned medical officers, also recognizes July 27, 1775 as its founding date. In addition to the MC, the AMEDD includes: the Army Nurse Corps, established in 1901; the Dental Corps (1911); the Veterinary Corps (1916); the Medical Service Corps (1917); and the Army Medical Specialist Corps (1947).

The AMEDD Enlisted Corps includes enlisted medical career management fields consisting of more than 20 military occupational specialties whose Soldiers focus on providing care and other health services to military beneficiaries.

The AMEDD Civilian Corps observes its founding date as March 26, 1996, when then Army Surgeon General Lt. Gen. Ronald R. Blanck recognized Sharon Coleman Ferguson as the corps chief, although virtually all medical functions in the Army were provided by civilians in the first few decades of the Army's existence. This is because Congress provided an Army medical organization only in times of war or emergency until 1818, at which point it created a permanent "Medical Department," according to the AMEDD's Office of Medical History.

Lt. Gen. Nadja West, a Washington, D.C. native,



PHOTO BY SHARON RENEE TAYLOR

Service members at Walter Reed National Military Medical Center participate in a push-up challenge July 28.

is the current U.S. Army Surgeon General. She was confirmed by the U.S. Senate to become the Army's 44th SG on Dec. 11, 2015. One of her previous assignments was as the first Army chief of staff at the National Naval Medical Center, WRNMMC's predecessor. She is the Army's first black SG, as well as the Army's first black woman to hold the rank of lieutenant general and the Army's highest ranking woman who graduated from the United States Military Academy at West Point.

"We have a great team at Walter Reed National Military Medical Center," Heimall said. "We honor all of the services' birthdays and the medical departments' significant events. I want to thank the whole team for coming out and recognizing Army medicine."

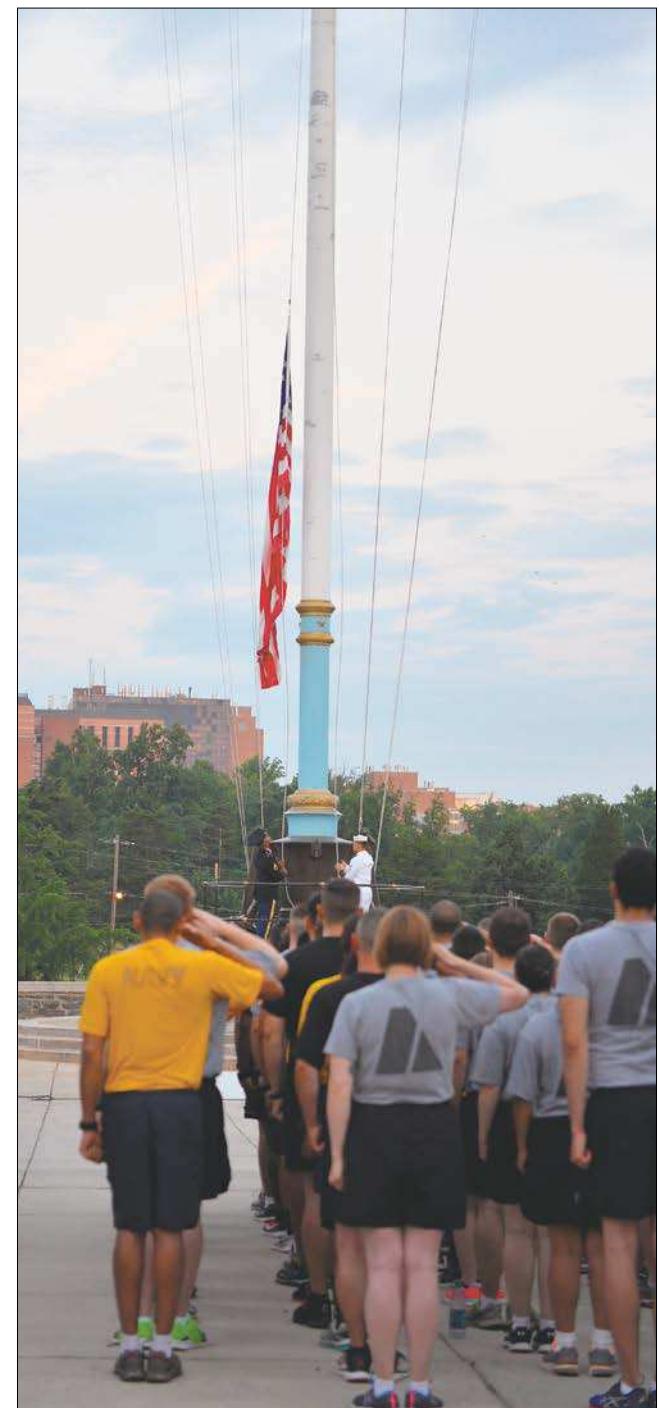


PHOTO BY SHARON RENEE TAYLOR

Service members salute the as the National Ensign is raised July 28.

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NIGHT OUT

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Galvan Sexual Assault Response Coordinator. "It is a great way to get to know the local law enforcement that we have to work with. It's a chance to see them for a fun reason rather than business."

Galvan stated that it is important for people to know what resources are available for them.

The National Night Out was to show people that law enforcement officers are people too.

"With everything that is going on around the country, it's important to let the public know that we are here to help and not just pull you over," said James. "We want to show unity with the public, and let them know that we are people too."

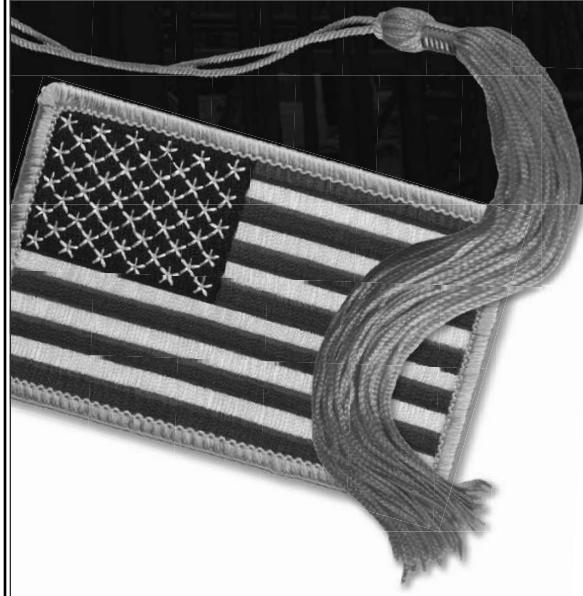
For more information about the NSAB Crime Prevention Unit contact MA3 Shannell James at shannell.l.james.mil@mail.mil



PHOTO BY MC3 WILLIAM PHILLIPS

Naval Support Activity Bethesda hosted the National Night Out at the USO Warrior and Family Center at Bethesda Aug. 2.

Because I wanted to draw on my past to better our future, it had to be UMUC.



Mike Knutson
Bachelor of Science,
Cybersecurity
Navy Veteran

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Are you a military family who has a child with a chronic condition between the ages of 8 and 17 years old?

Military Families needed for Research Study

If your child has one of the following chronic conditions please consider participating in this research study: persistent asthma, cystic fibrosis, cardiac disorders, diabetes mellitus, chronic renal disease, juvenile rheumatoid arthritis, epilepsy, migraine/tension headaches, and sickle cell disease.

If your family is interested in participating:

- A parent or caregiver will be invited to answer questions about managing a child's chronic condition and quality of life.
- No identifying personnel information will be requested.
- An informational letter about the research study is provided before you begin the survey.
- Complete a one time survey that will take approximately 40 min.

You are invited to participate in a research study describing military families managing a child's chronic condition and quality of life.

If you are interested in participating in the research study, visit the study site at: www.surveymonkey.com/r/MilFamilyManagement

For more information about this study please contact the Principal Investigator, Janet Gehring at 87gehring@cua.edu or call 571.319.6930.

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